# Coenzyme Q-10 200 mg

Chewable tablet

#### DESCRIPTION

Coenzyme Q-10 200 mg chewable tablets, provided by Douglas Laboratories®, contain pure coenzyme Q-10 (ubiquinone) material, emulsified with lecithin (soya) in a base of natural sweeteners including fructose. This emulsified formulation promotes absorption of coenzyme Q-10. Coenzyme Q-10 is a large lipophilic nutrient that is best absorbed when a source of dietary fat is present. Emulsification can also enhance absorption of coenzyme Q-10.

#### **FUNCTIONS**

Coenzyme Q10 is an important rate-limiting nutrient that is a cofactor in the mitochondrial electron transport chain, the biochemical pathway in cellular respiration from which adenosine triphosphate (ATP) and metabolic energy is derived. Since nearly all cellular activities are dependent upon energy, coenzyme Q10 is essential for the health of all human tissues and organs, especially the heart. Given the strength of the science that has been emerging for the use of supplemental CoQ10, it is important to ensure that optimal CoQ10 levels are achieved in the blood following supplementation. Biochemically, it functions much like vitamin E in that it participates in certain antioxidant and free radical reactions.

Numerous studies indicate coenzyme Q10 also plays an important role in the maintenance of the entire cardiovascular system. † Coenzyme Q10 is also important for the maintenance of blood vessels and heart muscle function. † In addition, people taking statin drugs can develop deficiencies in coenzyme Q10 and may require supplementation.

#### **INDICATIONS**

Specially formulated Chewable Coenzyme Q-10 tablets may be a useful nutritional adjunct for individuals whose coenzyme Q-10 requirements are not met through biosynthesis of the molecule, or for those who have difficulty with absorption of fat-soluble nutrients.

## FORMULA (#7200)

Each Chewable tablet supplies:

Coenzyme Q-10 ......200 mg

Other ingredients: Fructose, cellulose, lecithin (soy), vegetable stearate, silica, stearic acid, magnesium silicate, sucrose.

### SUGGESTED USE

One tablet 1 to 2 times daily or as directed by a healthcare professional.

#### SIDE EFFECTS

No adverse side effects have been reported.

#### **STORAGE**

Store in a cool, dry place, away from direct light. Keep out of reach of children.

#### REFERENCES

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# For more information on Coenzyme Q-10 200 mg visit douglaslabs.com

† These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

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